

Coastal Athletic Association Youth Football

All rules not covered in our rule book will adhere to GRPA and GHSA

WEIGHT LIMIT AND ROSTERS

Age Control Date: August 1st

Weight Limits: Minimum weigh in will be in football pants

- 8U- 106.0 lbs. max for backs/ball carriers, & receivers (i.e. 106.1 overweight limit)
 - 10U-121.0lbs max for backs/ball carriers, & receivers (i.e. 121.1 overweight limit)
 - 12U-141.0 lbs. max for backs/ball carriers, & receivers (i.e. 141.1 overweight limit)
- Any player can be weighed 30 minutes prior to game time. If a player is late they will still be required to weigh in.
 - Scale should be placed in close proximity to the field.
 - Players who are over the weight limit to be a ball carrier will be designated by an orange dot on the back of their helmet. Any player who is over weight limit will play in a down lineman position only and will not be allowed to advance the ball for any situation.

Down lineman:

- Overweight lineman must be in a minimum 3-point stance at the **snap** of the ball. **Doesn't have to be in a 3-point stance on kick off**
- Overweight lineman must be in the defensive end position providing they are in a minimum 3-point stance at the snap of the ball
- Penalty 1 warning per team then unsportsmanlike penalty will occur

Rosters:

- Rosters must be completed a week prior to the RAMA with players name, jersey number, and date of birth. After the RAMA, the Board of Directors will email each agency all the rosters. If team does not have jersey numbers at the RAMA please send an email with the jersey numbers prior to the first game.
- Teams will be unlimited in number. However, the CAA will only provide trophies/awards for a maximum of 30 per team.
- If a team falls below 22 players then more players may be added; new rosters need to be sent out to all the directors. Any player added after the RAMA must be presented to the board and approved by all members prior to being added
- 12U: Players playing on middle school teams will be allowed to participate in the CAA league
If your agency swaps jersey numbers or a player who original over the weight limit is now under please notify the Board of Directors.

PLAYING FIELD AND GAME INFORMATION:

Playing Field: 8U/ 10U will play on an 80-yd. field (mandatory) and 12U will play on 100 yd. field

Penalty distance: Only applies on 80 yd. field a 15-yd. infraction will be assessed at 10 yds.

Game ball: 8U/10U: K2 or equivalent 12U: TDJ or equivalent

Game Clock:

- 8U: 8-minute quarters regulation clock
- 10U/12U: 8-minute quarters regulation clock
- A minimum of 3 officials will be required per game

Rules: Official High School Football Rules will govern any rule or regulation not covered under SGYFL.

Revised August 3, 2017

Mercy Rule: If at the end of the 3rd quarter if a team is leading by 4 touchdowns, the 4th quarter will be played on a running clock. If score drops to 3 touchdowns then regular clock rules will apply.

Kickoff: Beginning of the game a coin toss will determine who has possession.

- 8U there are no kickoffs; the ball will be placed on the 25-yd. line on 80 yd. field (15 yds. From midfield on a 100-yd. field)
- 10U will kick off, the ball will be placed on the 30-yd. line on 80 yd. field (10 yds. From midfield on a 100-yd. field)
- 12U will kick off from the 40-yd. line

Rules for play: There is no contact with any player once the quarterback starts their cadence.

- The ball must be snapped within: 8U-45 seconds, 10U-35 seconds, and 12U will adhere to Official High School Rules
- 8U: 2 coaches allowed on the field, 10U: 1 coach allowed on the field, and 12U no coaches allowed on the field
- Coaches in all divisions must be at least 10 yds. behind the deepest back and may not physically or verbally direct players once the offensive team has lined up and started their cadence.
 - Penalty 1st offense= verbal warning
 - 2nd offense= Unsportsmanlike conduct-10 yd. penalty

Punting: NO PUNT RUSH IN 8U AND 10U

- 8U in the act of punting the ball will be marked off 20 yds.
- 10U the offensive team must notify the umpire when they intend to punt the ball. The umpire will immediately notify the defensive coach of the offensive team's intention to punt.
 - Offensive team must have 7 men on the line of scrimmage until after the ball is kicked. Penalty: 5 yds and replay the down
 - If the snap is a fumble, the punter may pick up the ball with no rush and punt. Once the ball is kicked, the defensive team must field the punt and advance the ball.
 - If the defensive player touches the ball, it becomes a free ball.
 - If the ball comes in contact with an offensive player, the official will rule the ball dead at the point of contact. After catching the ball whether on the ground or not, if the punter misses the kick then it will be a loss of down and the ball will be spotted at the line of scrimmage.

Extra points:

- The ball will be spotted 13 yds. from the goal post for extra point (applies in all division)
- Extra point will consist of 2 points for kick and 1 point for running or passing
- Rush is not allowed in 8U and 10U. It is legal to block the kick from the line of scrimmage
- Extra point will be made from a kicking block.
- 8U/10U: If the holder drops the ball while the kicker is approaching the attempt is no good

AFTER A SAFETY: 8U: The ball will be marked at the scoring team own 25 yd. line

10U: A free kick at the scoring team own 30 yd. line

12U: Adhere to GHSA

Overtime: Overtime will have a maximum of 2 possessions no exceptions

- Overtime will start with a coin toss to decide possession
- Ball will be placed on the 15-yd. line

First possession:

- Team A scores and Team B does not score then Team A is the winner. If neither team scores or both scores then we will go to the second possession

Second possession:

Revised August 3, 2017

- Team B scores and Team A does not score then Team B is the winner-
- If neither team scores then we will use the deepest penetration (Only on the second possession) to determine the winner
- If neither team scores or both teams have the same penetration the game ends in a tie no exceptions

PRACTICE, SCHEDULING, UNIFORMS, AND CONDUCT:

Practices: Official 1st day of legal practice will be the last week of July. Official 1st day of full contact will be August 1st of each year.

Scheduling: The executive board will do the entire league Scheduling. The regular season is the 2nd week of Sept to the end of October. The executive board will send a master schedule to the Football Association; however, each agency is responsible for making sure they have officials.

Conduct: CAA football will be governed by Official high school football rules when this manual does not cover any rule or regulations. Any player, coach, manager, or team scorer disqualified for unsportsmanlike conduct including abusive language is ineligible for further participation in the game in progress, plus the next schedule game.

Uniforms: The league does not wish to create a burden on any of its members, however all teams will be required to wear uniforms with the proper safety equipment while playing. The rule for specified numbers of positions is waived.

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